

# CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

WALTER M. DICKIE, M.D., Director

## Weekly Bulletin



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Entered as second-class matter February 21, 1922, at the post office at Sacramento, California, under the Act of August 24, 1912.  
Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917.

Vol. XVI, No. 40

October 30, 1937

GUY P. JONES  
EDITOR

## *Education in Social Hygiene*

From an address by WALTER M. DICKIE, M.D., Director of Public Health, California State Department of Public Health

It is apparent that public health and medicine play minor roles in the actual prevention of the venereal diseases. If it were possible to immunize the individual against syphilis, results comparable with those achieved in the control of smallpox and diphtheria might be obtained without great difficulty. As yet, no such procedure is available. Health officers can only search for contacts with discovered cases and urge them to secure treatment. The prevention of venereal disease is dependent upon practical measures in social hygiene as developed through legal, social and educational forces. Actually, at the present time, public health can prevent syphilis only through the provision of treatment in cases that are in the infectious stages of the disease, and in seeking to find and control contacts. Prevention in its greater and broader sense consists in the avoidance of infection by not making contact with the infection. No lasting results can be obtained, however, without the exercise of fundamental activities in control by public health, medical, social welfare, legal and educational forces.

#### LAW ENFORCEMENT

The activities of law enforcement agencies must be directed toward the suppression of commercial prostitution and the removal of those environmental factors that may lead to social degradation. For

twenty-five years there have been statutes in California that would enable the immediate abatement of all premises where commercial prostitution may be practiced. Every known house of prostitution in the state could be closed immediately and, through necessary legal procedures, could be kept closed for at least a year. In practice, this law is as difficult to enforce, if not more difficult, than was the prohibition law, now repealed. In many communities, commercial prostitution is entirely lacking and in others, it is rampant. Local public opinion seems to constitute an important factor in law enforcement for the control of prostitution. Nevertheless, commercial prostitution is the great source and fountainhead of venereal disease, and just so long as commercial prostitution flourishes, so long will the venereal diseases flourish. From this central source, as well as from clandestine prostitution, venereal disease is spread into all classes of society.

#### SOCIAL WELFARE

The provision of public recreational facilities, the establishment of parks and playgrounds, the provision of community activities for the public entertainment of both adults and children, the organization of unofficial agencies, such as Boy Scouts, Camp Fire Girls and similar organizations, constitute important factors in the advancement of social hygiene. Through



similar social welfare activities, local governmental units can accomplish definite results in the prevention of the venereal diseases. The provision of these community projects tends to develop a wholesome attitude toward life upon the part of the people of the community.

#### EDUCATION

Public health and medicine, it has been shown, can accomplish results among infected individuals after they have become diseased. Law enforcement agencies can curb illegal activities that tend to spread the infections. Social welfare organizations can stimulate activities for community uplift, substituting wholesome entertainment for the unwholesome; but education in social hygiene for both child and parent constitutes the most important and far-reaching factor in the prevention of the venereal diseases. Compulsion and force can never accomplish the results that come through enlightenment and subjective persuasion. It is upon public education that we must depend for the most effective results in the control of venereal diseases. Without education scientifically applied, no permanent results in the control of venereal diseases can be expected.

Education of the child in the home by the parent is the nucleus of all instruction in social hygiene. No other teaching, in theory, is of equal importance and nothing can take its place. It is fundamental, and provides the introductory course in the social adjustment of the child to himself and to his fellows. If every home were an ideal home and if every parent were an ideal parent, there would be no problems in social hygiene. Standards, both social and moral, are at great variance, however, in the civilization of which we are a part. With every race and religion represented in our large centers of population, it is natural that standards should vary. Careful parental instruction in one home may be quite opposite to that in the home next door and in too many homes of today, the child is told nothing that will help him to gain an inkling into the great mystery that is human life.

It has been said that under the complexities of modern social conditions the home has broken down; that it no longer provides essential attributes in the proper training of children in social hygiene. Modern interests draw parents, as well as children, away from the home circle and to a certain extent, the home has become only a place to eat and sleep. The wide diversity of attractions that engage both parents and children lead them away from the quiet atmosphere that formerly prevailed in the home. It is possible, too, that under changed economic and social conditions, parental standards have become

lowered and, as a result of all these circumstances, modern parents give their children no instruction in social hygiene. Consequently, they learn these important lessons from undesirable sources, or not at all.

#### THE PUBLIC SCHOOL

It would seem that the school must perform this important function, that it must provide sex education subjectively. From infancy through adolescence graded instruction woven into many subjects, must be given without the pupil becoming aware that he is being taught. It must be admitted that few schools are equipped to provide education of this sort, and few teachers have received training that would enable them to perform this important work. The state teachers colleges can, without doubt, provide equipment for those who will become teachers in the elementary schools, preparing objectives that will enable children of the younger age groups to develop a sane attitude toward sex and social relations. During this period, sex hygiene can be taught through personal hygiene, physical education, games and recreation, hobbies and many other subjects. During adolescence, through the secondary schools and colleges, these objectives can be attained through courses in physical education, social sciences, household economics, public health nursing, biology and other sciences—even in literature and art. It is not presumed here to present an outline of normal instruction or curricula, which constitutes the function of the educator. We are convinced, however, that to teach social hygiene objectively, would completely defeat our purpose. The younger generation can develop only through normal attitudes upon the part of the instructors. The abnormal must be assiduously avoided.

#### PARENT EDUCATION

No program of instruction in social hygiene can be complete, however, unless it includes parent education. The average parent does not know how to teach his child the fundamentals in sex education. Health departments are flooded with requests from parents for information on how to provide this type of instruction. They do not know how to teach the origin of life. They do not know how to provide the simplest sort of information for their children. Here is an equally great opportunity for the public school system to provide an essential part in the general program to promote social hygiene. It is apparent to many of us that the instruction of the parent is as important as the education of the child.

Faulty social environment, mistaken beliefs, ignorance, prudery and a host of contributory factors are responsible too, for the spread of syphilis. Society



permits this infectious disease to contaminate its members and continues to maintain the conditions that are responsible largely, for its wide dissemination. To be sure, many worthy efforts have been undertaken and are pursued at the present time, but the tremendously powerful forces that lie in education, have not yet been awakened to exert their full pressure in suppressing the faulty social defects that maintain the menace of syphilis.

If this disease is to be brought under control and kept under control, it will require far more than the provision of treatment to infected individuals. It will require nothing less than the elevation of citizenship to a higher standard than it has ever reached before. It will require in many places a revolution in educational methods, and in educational skills. It will require a reformation in the moulding of public opinion, and a tremendous uplift in public morals. It will require an untangling of the most intricate and complex form of civilization that has ever existed. The ultimate control of syphilis through the removal of the social faults in which it finds its existence constitutes a true test of citizenship, and offers a most daring challenge to government and to society itself.

### GORGAS MEMORIAL ESSAY CONTEST ANNOUNCED

Announcement of the Ninth Gorgas Memorial Essay Contest has been made by Admiral Cary T. Grayson, chairman of the board of directors of the Gorgas Memorial Institute. The essay contests have become an annual feature of the program of personal health education carried on by the institute. High schools throughout the country are invited to enroll. Participation is restricted to students in the third and fourth years of high school.

For the best essay written in each school, a bronze Gorgas medal is awarded and the student so honored represents his school in the state competition. A prize of \$10 in cash is given for the best essay in each state. The judges are state officials—the state health officer, state superintendent of education and the secretary of state. The state-prize-winning essays are then judged for the national awards. First prize is \$500 in cash and a travel allowance of \$200 for a trip to Washington to receive the prize. Second prize is \$150 in cash and third prize \$50. The subject for this year is "The Achievements of William Crawford Gorgas and Their Relation to Our Health." Full information concerning the contest may be found on school bulletin boards or can be obtained from the Gorgas Memorial Institute, Washington, D. C.

## DISEASES REPORTABLE IN CALIFORNIA

### REPORTABLE ONLY

ANTHRAX	MALARIA*
BERIBERI	PELLAGRA
BOTULISM	PNEUMONIA (Lobar)
COCCIDIOIDAL GRANU- LOMA	RELAPSING FEVER
DENGUE*	ROCKY MOUNTAIN SPOTTED FEVER
FLUKE INFECTION	SEPTIC SORE THROAT
FOOD POISONING	TETANUS
GLANDERS***	TRICHINOSIS
HOO KWORM	TULAREMIA
JAUNDICE (Infectious)	UNDULANT FEVER

### ISOLATION OF PATIENT

CHICKENPOX	OPHTHALMIA NEONA- TORUM
DYSENTERY (Amoebic)	PSITTACOSIS
DYSENTERY (Bacillary)	RABIES (Animal)
ERYSIPELAS	RABIES (Human)
GERMAN MEASLES	SYPHILIS
GONOCOCCUS INFECTION	TRACHOMA
INFLUENZA	TUBERCULOSIS
MEASLES	WHOOPING COUGH
MUMPS	

### QUARANTINABLE

CHOLERA***	SCARLET FEVER
DIPHTHERIA	SMALLPOX
ENCEPHALITIS (Epidemic)	TYPHOID AND PARA- TYPHOID FEVER
LEPROSY	TYPHUS FEVER
MENINGITIS (Epidemic)	YELLOW FEVER***
PLAGUE***	
ACUTE ANTERIOR POLIOMYELITIS	

\* Patients should be kept in mosquito-free room.  
\*\*\* Cases to be reported to State Department of Public Health by telephone or telegraph and special instructions will be issued.

Restraint and poise were esteemed as praiseworthy traits of human character. Actions within recognized limits, were looked upon as natural; but transgressing those limits, as contrary to nature and therefore unbecoming. Hence moderation or, as it was often termed, the golden mean, became a rule of life. Paul wrote to the Philippians: Let your moderation be known unto all men. The golden mean, from the modern point of view, is not for all times and places, yet without it men often go to extremes and so fail. While it is not the counsel of emergency, it is the guide to abiding power. Sprung from reason, and akin to patience, it commends doing, not overdoing, nor yet doing too little \* \* \* nequid nimis. It accords with the laws of growth, seeking symmetry and proportion—the well rounded development of body and mind. Opposing on the one hand austere and ascetic ways, and on the other, caprice and unbridled impulse, it fosters a well ordered life, in which action is counterbalanced by repose, work by diversion, with due place for thought and reflection, for appreciation of things beautiful, and for reverence. Rightly understood and applied, this legacy from ages of experience helps us to attain wellbeing. —Leon J. Richardson.



**MORBIDITY****Complete Reports for Following Diseases for Week Ending  
October 23, 1937****Chickenpox**

201 cases: Alameda 1, Hayward 1, Oakland 54, San Leandro 4, Fresno County 4, Fresno 2, Glenn County 9, Kings County 3, Lassen County 2, Los Angeles County 8, Glendale 1, Los Angeles 14, Pasadena 2, San Fernando 1, Santa Monica 1, San Anselmo 1, Napa 8, Orange County 3, Plumas County 4, Riverside County 1, Riverside 2, Sacramento County 1, Sacramento 2, San Bernardino County 1, Escondido 1, San Diego 5, San Francisco 37, Stockton 1, Santa Barbara County 6, Santa Barbara 2, Santa Clara County 1, Santa Cruz 9, Modesto 2, Yuba City 1, Tuolumne County 1, Ventura County 2, Ventura 1, Yolo County 2.

**Diphtheria**

43 cases: Albany 1, Berkeley 2, Oakland 1, Los Angeles County 2, Compton 2, Los Angeles 9, Hawthorne 1, Monterey County 1, Anaheim 1, Riverside County 2, Riverside 1, Sacramento 2, San Diego County 4, San Diego 4, Santa Barbara 1, Stanislaus County 1, Sutter County 2, Yuba City 1, Tulare County 2, Ventura County 2, Ventura 1.

**German Measles**

8 cases: Los Angeles County 1, Huntington Park 1, South Gate 1, Bell 1, Santa Ana 1, San Francisco 2, San Joaquin County 1.

**Influenza**

22 cases: Fresno County 1, Kern County 2, Los Angeles County 5, Alhambra 1, Los Angeles 2, Pasadena 2, Riverside County 2, Sacramento 1, San Francisco 5, Santa Cruz County 1.

**Malaria**

One case: Yuba County.

**Measles**

33 cases: Berkeley 1, Oakland 2, Bakersfield 1, Los Angeles County 2, Long Beach 2, Los Angeles 6, Pasadena 2, Whittier 1, Lynwood 1, Laguna Beach 1, San Diego County 1, La Mesa 1, San Diego 2, San Francisco 4, Santa Barbara 1, Palo Alto 1, Vallejo 1, Tulare County 2, Ventura 1.

**Mumps**

180 cases: Alameda County 1, Alameda 1, Berkeley 1, Oakland 18, Fresno County 21, Fresno 1, Kings County 1, Los Angeles County 10, Alhambra 1, Beverly Hills 1, El Monte 1, El Segundo 2, Glendale 3, Long Beach 7, Los Angeles 9, Pasadena 1, Santa Monica 1, Hawthorne 2, Maywood 4, Madera 2, Merced 2, Napa 2, Anaheim 1, Fullerton 2, Huntington Beach 1, Riverside County 6, Sacramento 3, San Diego County 4, Escondido 2, San Diego 5, San Francisco 41, San Luis Obispo County 4, Daly City 1, Hillsborough 1, Santa Barbara County 3, Lompoc 2, Santa Barbara 1, Palo Alto 1, Shasta County 1, Solano County 1, Petaluma 1, Stanislaus County 2, Turlock 1, Ventura County 1, Oxnard 1, Ventura 2.

**Pneumonia (Lobar)**

36 cases: Oakland 1, Fresno County 4, Kern County 1, Los Angeles County 1, Los Angeles 20, San Fernando 1, Whittier 1, Hawthorne 1, Merced County 1, Sacramento County 1, San Diego 1, San Francisco 3.

**Scarlet Fever**

177 cases: Albany 1, Berkeley 3, Oakland 1, El Cerrito 1, Pittsburg 3, Fresno County 2, Fresno 9, Sanger 1, Selma 1, Kern County 3, Bakersfield 1, Kings County 1, Lassen County 7, Los Angeles County 20, Alhambra 1, Huntington Park 1, La Verne 1, Long Beach 4, Los Angeles 42, Monrovia 1, Pasadena 1, Pomona 2, South Gate 1, Bell 1, Madera County 1, Mariposa County 1, Merced County 1, Monterey County 1, Pacific Grove 1, Orange County 4, Anaheim 1, Santa Ana 2, Laguna Beach 1, Riverside County 1, Corona 1, Riverside 5, Sacramento County 3, Sacramento 2, Redlands 1, San Diego County 2, San Diego 5, San Francisco 3, San Joaquin County 4, Lodi 2, Stockton 5, Burlingame 1, San Bruno 6, Santa Clara County 1, San Jose 1, Santa Cruz County 3, Siskiyou County 1, Tulare County 2, Ventura County 3, Fillmore 1, Ojai 1, Yolo County 1.

**Smallpox**

15 cases: Alameda 1, Oakland 5, Hollister 1, Tulare County 1, Tuolumne County 5, Sonora 2.

**Typhoid Fever**

9 cases: Fresno County 1, Los Angeles 2, Mendocino County 1, Orange County 1, Riverside County 1, Sacramento 1, Sutter County 1, Yuba City 1.

**Whooping Cough**

230 cases: Alameda County 2, Albany 1, Berkeley 17, Oakland 23, Fresno County 2, Humboldt County 2, Kings County 4, Los Angeles County 5, Burbank 1, Glendale 3, Long Beach 11, Los Angeles 28, San Fernando 1, Santa Monica 1, Maywood 1,

Madera 3, Merced County 1, Monterey County 2, King City 5, Orange County 6, Fullerton 1, Santa Ana 2, Plumas County 4, Riverside County 3, Riverside 4, Sacramento 16, Ontario 5, Redlands 3, Escondido 1, San Diego 5, San Francisco 36, San Joaquin County 9, Tracy 1, San Mateo 3, Santa Barbara County 4, Lompoc 1, Santa Maria 2, Santa Clara County 4, Santa Cruz 1, Benicia 1, Stanislaus County 2, Exeter 3.

**Meningitis (Epidemic)**

4 cases: Chico 1, Pinole 1, Sacramento 1, San Francisco 1.

**Dysentery (Bacillary)**

6 cases: Los Angeles County 1, Long Beach 1, Los Angeles 1, Pasadena 1, San Francisco 1, San Luis Obispo 1.

**Dysentery (Amoebic)**

2 cases: Long Beach 1, Los Angeles 1.

**Ophthalmia Neonatorum**

3 cases: Los Angeles County 1, San Francisco 2.

**Pellagra**

2 cases: Los Angeles 1, San Francisco 1.

**Poliomyelitis**

19 cases: Berkeley 1, Oakland 1, Chico 1, Humboldt County 1, Los Angeles County 2, La Verne 1, Los Angeles 5, Santa Monica 1, Sacramento 1, San Francisco 2, Vallejo 1, Modesto 1, Trinity County 1.

**Trachoma**

7 cases: Los Angeles County 2, Long Beach 1, Madera County 1, Riverside County 3.

**Encephalitis (Epidemic)**

One case: Fresno County.

**Hookworm**

One case: Manteca.

**Paratyphoid Fever**

One case: Compton.

**Trichinosis**

One case: San Francisco.

**Food Poisoning**

67 cases: Los Angeles 65, San Francisco 2.

**Undulant Fever**

4 cases: Los Angeles County 1, Alhambra 1, Glendale 1, Merced 1.

**Coccidioidal Granuloma**

One case: Sacramento.

**Septic Sore Throat**

One case: Livermore.

**Rabies (Human)**

One case: Los Angeles County.

**Rabies (Animal)**

37 cases: Fresno 1, Kern County 1, Los Angeles County 10, El Segundo 1, Long Beach 1, Los Angeles 14, Pomona 2, Santa Monica 2, Orange County 1, Redlands 4.

\* Cases charged to "California" represent patients ill before entering the state or those who contracted their illness traveling about the state throughout the incubation period of the disease. These cases are not chargeable to any one locality.

Success, in so far as it may be gained through training, is won by cultivating such powers and attitudes of mind as interests; the habit of observing and reading; expressing one's self through conversation and discussion, through speaking and writing; intellectual curiosity and study; freedom from superstition and prejudice; open-mindedness; and the ability to profit by experience.

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